

HALIFAX

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Dartmouth homicide arrest

Police take man, 28, into custody after woman stabbed to death in building staircase

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How low will we go?

N.S.'s housing market will sink below national average, but at least one expert is optimistic

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FIRST BILLING IN THE KILLING

PETER SARSGAARD TALKS ABOUT THE APPEAL OF MONOTONY AND WHY TV IS THE PLACE TO BE

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Student bullied over sex tape



Facebook is a popular way for students to spread photos and videos. One Dartmouth mother is drawing similarities in her daughter's experience to that of Rehtaeh Parsons, who committed suicide following alleged rape and subsequent harassment. JEFF HARPER/PHOTO ILLUSTRATION

Mother speaks. Story of act filmed during 'all-you-can-drink' party bears eerie similarities to Rehtaeh Parsons tragedy



RUTH DAVENPORT
ruth.davenport@metronews.ca

A Dartmouth mother says the incident that turned her teenaged daughter from an A-student and community volunteer to a troublemaker and dropout was a sexual assault — not just a case of child pornography.

"I don't have my same little girl anymore," said the mother Monday. "She just doesn't care anymore. She thinks that nobody cares."

Halifax Regional Police arrested a 14-year-old boy from the Preston area last week and charged him with making and distributing child pornography.

In a case that drew instant comparisons with the Rehtaeh Parsons story, police say the charges involve the video of a

A mother's nightmare

"I don't want to come home from work and find her hurt or anything."

Mother
on her daughter, who has been taunted after being filmed during a sex act

sexual act made during a party and then distributed via social media.

The people involved are not being named because the accused is a youth and Metro does not identify alleged victims of sexual assaults.

The Dartmouth woman said she picked her daughter up in late March from what was supposed to be a birthday party, and found her so drunk she couldn't stand.

Speaking through tears at a coffee shop, she told Metro the party was actually an "all-you-can-drink" event during which her daughter was dragged outside by a group of boys and filmed giving one of them oral sex.

"She's saying there was no consent given," said the woman. "She could barely walk, let alone say yes to anything."

A Halifax Regional Police

spokesperson said the act was "determined" to be consensual after interviews with all parties involved.

"From what we gleaned, nobody was forced into doing something that they didn't want to do," said Const. Pierre Bourdages.

The mother said what's unfolded since is exactly what eventually led to Rehtaeh's suicide in April — the video spread throughout HRM, and then the taunting started.

"She's being bullied, being called names by the girls and boys offering bus tickets for blowjobs," said the mother, shaking and sometimes unable to speak. "All the kids call her 'Facebook Famous.'"

The teen has just started counselling, and her mom says she's hoping it helps her survive the name-calling, at least.

The allegations have not been proved in court, but the woman said she's hoping telling the story might help stop the bullying — and stop the same thing happening to yet another young woman.

"There were so many kids there, why didn't one of them get her help?" she said. "I just don't know what's wrong with the teenagers."



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McNabs cleanup

Stray evidence bag didn't contain missing item: Cops

Halifax police say while they were "surprised" to hear an evidence bag was found on McNabs Island on Sunday, it didn't contain any missing information.

During the annual cleanup of the island, someone discovered a sealed evidence bag that had been ripped open, and called Halifax Regional Police about it, said spokesperson Const. Pierre Bourdages.

"It is unusual," Bourdages said on Monday. "We were surprised that turned up in McNabs Island, but we got the call last night and we retrieved the bag and it was empty."

Bourdages said it may not even be an HRP bag, because those containers are used by other agencies such as the RCMP and courts.

"It could be that someone was released from custody, or from a different agency, and picked up their property and disregarded the bag," Bourdages said.

He added: "Given the nature of it," the light plastic bag could have ended up on McNabs Island after being blown by the wind from the mainland. **HALEY RYAN/METRO**



The evidence bag found at McNabs Island.

CONTRIBUTED/CODY HATT



Investigators on the scene at 117 Albrow Lake Rd. on Monday, looking for evidence in the stabbing death of Tara Lynn Park. **JEFF HARPER/METRO**

Arrest made in Dartmouth death

Homicide case. Police say Tara Lynn Park was fatally stabbed

Police in Halifax have made an arrest in the weekend killing of a Dartmouth woman.

Around 10:15 p.m. Saturday, police responded to reports of a commotion at 117 Albrow Lake Rd. and found the body of 33-year-old Tara Lynn Park in a stairwell at the apartment complex.

"It was determined that Ms. Park died after having been

By the numbers

3

The number of homicides in HRM in 2013.

stabbed," said Const. Pierre Bourdages, spokesperson for Halifax Regional Police.

On Monday night, police announced they had arrested a 28-year-old Dartmouth man in relation to the killing.

The man was taken into custody Monday afternoon and was still being interviewed by investigators late

into the evening.

"Not speculating on that whatsoever," Staff Sgt. Bill Morris said on Monday night about whether charges were forthcoming.

Morris provided no other details, saying police are "not releasing anything."

Prior to the arrest being announced, Bourdages said he could not confirm whether Park had lived in the building where she was found, but she was a "resident of the area."

Bourdages added he couldn't say whether Park had been killed by someone she knew or if it was a random

incident.

"Homicides are always disturbing, always concerning, so that's why we put so much resources into solving them," he said.

A neighbour told Metro on Sunday she saw Park upside-down on the staircase with multiple stab wounds in her stomach.

An autopsy was performed by the medical examiner's office Sunday, and on Monday morning police announced that the suspicious death was in fact a homicide.

PHILIP CROUCHER/METRO
WITH FILES FROM **HALEY RYAN**

1 NEWS

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Aug. 29

Matchbox 20, Goo Goo Dolls to play Halifax

Yes, this is the real world: Matchbox 20 and the Goo Goo Dolls are performing in Halifax this summer.

The bands are touring North America together with special guest Kate

Earle, and will perform at the Metro Centre on Aug. 29.

Matchbox 20 rose to fame in the late 1990s with hits like Real World and 3 a.m. off their debut album.

Their fifth album, North, was released last year, and hit No. 1 one on the Billboard 200.

Tickets go on sale June 14 at 10 a.m. through Ticket Atlantic and will range in price from \$67 to \$97. **METRO**



Matchbox 20 HANDOUT

Lunenburg County

Man ends up with rib, spinal injuries after police pursuit

Nova Scotia's Serious Incident Response Team is investigating a police pursuit that ended with a Lunenburg County man suffering rib and

spinal injuries.

The incident began Sunday when a woman alleged she was assaulted at a home near Lunenburg.

Shortly after 11:30 a.m., the RCMP saw the suspect's car driving south on Highway 103 and pursued it for several kilometres before it left the road.

THE CANADIAN PRESS

Sign bought too soon

Breaking the law.

Candidate takes responsibility for incurring expenses prior to registration confirmation



Kevin Murphy THE CANADIAN PRESS

Elections Nova Scotia says it has reached a compliance agreement with a Liberal candidate who incurred an election expense prior to receiving confirmation of his registration as a candidate.

Spokesman Dana Doiron says Kevin Murphy of Mineville has accepted responsibility for purchasing a bus sign and rented space for the sign prior to May 17 when he received confirmation of his registration.

Doiron says accepting contributions or incurring an election expense prior to registration is a

breach of the Elections Act.

Murphy is the Liberal candidate in Eastern Shore for the provincial election expected later this year.

Doiron says it's possible other candidates may be unwittingly breaking the law by spending money before registering with Elections Nova Scotia simply because they haven't read changes in the act, which came into effect on Jan. 1, 2012.

THE CANADIAN PRESS

Bell Road. Woman, 22, shoved to ground, robbed

Police are looking for two men after a woman was robbed in Halifax on Sunday night.

Halifax Police say the robbery took place on Bell Road between Bengal Lancers Stable and Sackville Street.

The victim, 22, was walking alone and talking on her cellphone when the two men approached her. One suspect then grabbed her cellphone and shoved her to the ground. **METRO**

Martins River. Cops release name of man killed in crash

RCMP have identified the victim of a two-vehicle collision on Highway 103.

They say 34-year-old Abraham Assaff was the driver of a Honda Civic that collided with a tractor-trailer Saturday.

The Western Shore man was pronounced dead at the scene of the crash in the Martins River area.

The driver of the tractor-trailer was treated at the scene by paramedics.

THE CANADIAN PRESS



Not bad scenery if you can get it

A worker mows the grass near a scenic mural in Dartmouth on Monday morning. The mural is located at the start of the Waverley Road.

JEFF HARPER/METRO



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Housing market 'pretty stable' despite sales slide: Realtor

Not so bleak?

Eastern Passage, Sackville busiest areas for new home buyers



HALEY RYAN
haley.ryan@metronews.ca

Although Nova Scotia's housing market is expected to have a greater decline this year than

the national average, one real-estate expert said Halifax is staying "pretty stable."

The Canadian Real Estate Association's latest report released in April shows the year-to-date sales activity in Halifax (down 28.9 per cent) is much lower than the national average of 10.3 per cent.

Year-to-date sales are calculated from April 2012 to April 2013, and Halifax fell from 2,307 to 1,640.

"The comparisons are be-

ing made to the same time last year, which was highly influenced by the ships announcement," said Wayne MacIntosh, past president of the Nova Scotia Association of Realtors.

"That was an abnormal sort of increase, so we're being compared to that."

The new listings this spring have gone up 31 per cent, which MacIntosh said is thanks to groups of people moving away in April and May, like students and military personnel.

Industry vet

"Most realtors now are seeing certainly an increase in business."

Wayne MacIntosh of the Nova Scotia Association of Realtors

The national numbers of new listings were down 0.9 per cent from March to April.

Also, more people have been buying those homes with-

in a month stretch. The sales activity in Halifax/Dartmouth went up 1.3 per cent to 385 this April compared to 380 in March.

MacIntosh said it takes an average of 83 days for a home to sell once it's on the market, which is exactly the same as last year.

"Some of the stats are a little confusing at the moment because there's this perception out there that the market is so bad," MacIntosh said.

"However, most realtors now are seeing certainly an increase in business."

These numbers are for residential properties and are seasonally adjusted.

MacIntosh said it's hard to compare real estate percentages in different areas because numbers vary by neighbourhood. He said Sackville and Eastern Passage have seen the most sales activity recently because they have the most low-cost homes.



How to train your children

School kids paddle a dragon boat on Lake Banook on Monday morning. It was a good morning for paddling, but not so much later in the day when thunderstorms hit the area. JEFF HARPER/METRO

Trial. Accused's car was swerving prior to collision with teens: Witnesses

The trial for a Nova Scotia man charged after a fatal two-vehicle crash in November 2011 has included two Crown witnesses who say they saw the man's car swerving before the crash.

Thirty-two-year-old William Fogarty of Antigonish faces two counts each of dangerous driving causing death and impaired driving by drugs causing death.

Seventeen-year-old Nicholas Landry and 16-year-old Kory Mattie were killed in the crash on Highway 4 in Tracadie.

Carl Delorey and Brenda Weir both testified Monday, saying they saw Fogarty's white Crown Victoria swerving over the centre yellow line and white line on different sections of Highway 104.

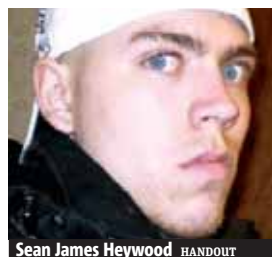
THE CANADIAN PRESS

Seeking info. Halifax police search for missing Dartmouth man, 25

Police in Halifax are asking for the public's help in locating a missing Dartmouth man.

Sean James Heywood, 25, was reported missing last Monday. He contacted family by phone the next day but police haven't been able to locate him or hear of his whereabouts.

METRO



Sean James Heywood HANDOUT

Almon Street. 73-year-old woman struck in marked crosswalk

A 73-year-old woman was taken to hospital with serious injuries after being struck at a marked crosswalk on Monday.

Police say the woman was crossing at the intersection of Almon and Robie streets when she was hit by a vehicle turning left onto Almon at about 1:45 p.m.

The woman suffered non-

life-threatening injuries and was taken to hospital by paramedics.

The 62-year-old driver is charged with failing to yield to a pedestrian in a crosswalk.

Police say the accident is a reminder to motorists to slow down and for pedestrians to pay extra attention to their surroundings.

METRO

Ottawa to support anti-bullying program

'Important and timely.' Feds, Red Cross partner for initiative aimed at protecting youth after recent teen suicides



JOE LOFARO
Metro in Ottawa

The federal government announced funding for a program aimed at eliminating bullying among youth, after recent teen suicides have sent educators and parents looking for ways to protect young people.

Heritage Minister James Moore announced support for a Canadian Red Cross anti-bullying initiative called "Stand Up to Bullying and Discrimination in Canadian Communities."



A life cut short

Jamie Hubley had been a figure skater, and the only openly gay student at A.Y. Jackson High School in Kanata, Ont., a suburb of Ottawa.

Moore made the announcement with Laureen Harper and Ottawa councillor Allan Hubley at A.Y. Jackson High School in Kanata, a suburb of Ottawa. Hubley's 15-year-old son Jamie attended the school before he took his own life in 2011 after being bullied for being gay.

Moore said the government is partnering with the Red Cross, which will train 2,400 youth between the ages of 13 and 17 who will deliver in-class



Allan Hubley, left, Prime Minister Stephen Harper's wife Laureen Harper and Heritage Minister James Moore take part in an announcement regarding bullying Monday at A.Y. Jackson High School in Kanata, Ont. FRED CHARTRAND/THE CANADIAN PRESS

workshops to other youth across Canada.

Hubley called the project "important and timely" in light of the recent suicides of Amanda Todd and Rehtaeh Parsons.

"Canadians such as my

family have paid too high a price and want meaningful progress before other families must carry the burden of losing someone special like my boy, Jamie, who only wanted safer communities for everyone," said Hubley.

VIA Rail plot

Suspect can't find lawyer who'll use Qur'anic defence

A terror suspect charged in an alleged plot to attack a VIA Rail passenger train is having difficulty finding a lawyer who will try convincing a court to judge him against the Qur'an.

Chiheb Esseghaier appeared in a Toronto court via video link on Monday to discuss his attempts to find legal aid representation — a process that has so far been unsuccessful due to the specific and unusual demands he has made.

"I want that the lawyer help me to change the reference of my case from the laws used by humans to the laws of the holy book," he told the court. "I cannot take a lawyer who is not able to fulfil my need."

When asked by the presiding justice of peace if he fully understood the proceedings, Esseghaier, who was wearing an orange jumpsuit and sported a full beard, said he did.

THE CANADIAN PRESS

Social media

PM's partisan tweet raises eyebrows

A partisan pitch sent from the prime minister's Twitter account touched off some pointed questions Monday about how Stephen Harper is using social media.

Harper actively solicited names for the Conservative party's mailing list via his @pmharper account, viewed by many as the official social media voice for the Prime Minister's Office.

Government policy forbids the use of official communications for partisan purposes, but Harper spokeswoman Julie Vaux said in an email that "@pmharper is a political Twitter account, not a government one." Vaux noted Harper runs a second, government account at @pmwebupdates.

The @pmharper account is defined as belonging to the Prime Minister, with no reference to party. It also includes a link to the PM's official government website. THE CANADIAN PRESS

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Over 100 perish, trapped in blazing slaughterhouse

China. Frantic workers trapped inside plant with only one way out

Fire swept through a poultry processing plant in northeastern China on Monday, trapping workers inside a slaughterhouse with only a single open exit and killing at least 119 people in one of China's worst industrial disasters in years.

Survivors described panic as workers, mostly women, struggled through smoke and flames to reach doors that turned out to be blocked.

The accident highlights the human cost of China's lax industrial safety standards, which continue to claim workers despite improvements.

Dozens were also injured in the blaze in Jilin province's Mishazi township, which appeared to have been sparked by three early morning explo-

sions, according to the official Xinhua News Agency.

The provincial fire department attributed the blasts to an ammonia leak. The chemical is kept pressurized as part of the cooling system in meat processing plants.

State broadcaster CCTV

Panic and grief

"I could only crawl desperately forward.... I worked alongside an old lady and a young girl, but I don't know if they survived or not."

39-year-old worker Guo Yan, as quoted by the official Xinhua News Agency.

quoted workers as saying the fire broke out during a shift change when about 350 workers were at the plant.

The fire spread rapidly, with industrial boilers exploding, the Southern Metropolis Daily reported. Only a side door to the building was open with the rest of the exits locked, the newspaper said.

It quoted a worker as saying the fire engulfed the building in three minutes, leaving little time to flee.

A government official, who refused to give his name, said he expected the death toll to rise as more bodies were recovered.

Accidents and chemical spills are common in Chinese factories. The government has been tightening safety checks, and deaths from workplace accidents fell nearly 5 per cent in 2012 from the previous year, according to Yang Dongliang, head of the State Administration of Work Safety.

THE ASSOCIATED PRESS



Medical staff wait near a poultry processing plant that was engulfed by fire. THE ASSOCIATED PRESS



Turkey's Prime Minister Recep Tayyip Erdogan on Monday again dismissed street protests as a passing move by extremists. THE ASSOCIATED PRESS

White House asks Turkish police, protesters to refrain from violence

The Obama administration voiced concern Monday over Turkey's crackdown on protesters and urged all sides to reject violence.

The White House said the United States believes the vast majority of those protesting have been peaceful, law-abiding citizens.

Presidential spokesman

Jay Carney said all democracies have to work through issues but expects the U.S. ally to do so while respecting its citizens' rights.

Police in Turkey have used tear gas for a fourth day to disperse demonstrations that grew out of a sit-in to prevent the uprooting of trees at Istanbul's main

square.

Secretary of State John Kerry, who has travelled to Turkey three times since becoming America's top diplomat, said the U.S. is following the situation closely and is troubled by reports of injuries and excessive force by the police.

THE ASSOCIATED PRESS

No love for Big Turk

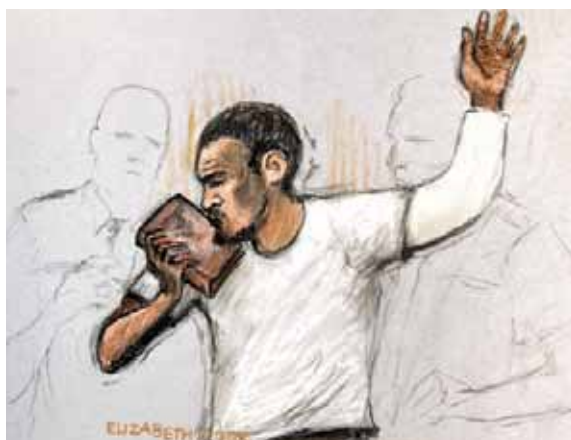
The protests are seen as a sign of frustration with Prime Minister Recep Tayyip Erdogan, who is accused of being increasingly authoritarian and meddling in all aspects of life.

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Michael Adebolajo raises his injured arm while kissing the Qur'an at Westminster Magistrates Court in London on Monday. SKETCH BY LIZABETH COOK/THE ASSOCIATED PRESS

U.K. slaying suspect kisses Qur'an in court

Michael Adebolajo.

Also blows kiss to man in public gallery, both men then point to sky

One of two main suspects in the killing of British soldier Lee Rigby in London made his first appearance in court Monday, kissing a copy of the Qur'an and raising his injured arm in the air.

Michael Adebolajo, 28, who was shot by police before he was arrested on the scene of the May 22 killing, appeared in court with his left arm heavily bandaged.

Adebolajo — who asked to be known in court as Mujahid Abu Hamza — faces charges of murder, attempted murder of two police officers and firearms possession.

His suspected accomplice, Michael Adebowale, 22, made

Task force

British Prime Minister David Cameron told lawmakers that Parliament's intelligence and security committee would report by the end of the year on whether more could have been done to prevent the killing.

- A task force to address radicalization will look into whether rules for charities are too lax and allow extremists to prosper, the issue of extremist groups at universities and help for mosques that want to expel extremists.

a separate appearance at another London court via video-link later Monday. Adebowale is also accused of killing Rigby. **THE ASSOCIATED PRESS**

WikiLeaks. Prosecutor says info got to Bin Laden

U.S. army Pfc. Bradley Manning faced life in prison as his trial began Monday, three years after he was charged with providing sensitive material to anti-secrecy website WikiLeaks.

The 25-year-old former intelligence analyst has admitted to giving information

to WikiLeaks, but military prosecutors want to prove he aided the enemy, which carries a potential life sentence. They said they will present evidence that former al-Qaida leader Osama bin Laden asked for and received information WikiLeaks published.

Defence attorney David Coombs said Manning was "young, naive, but good-intentioned." Coombs said Manning selectively leaked material he believed could make the world a better place. **THE ASSOCIATED PRESS**



Bradley Manning

Spain

Police find bones in martial-arts gym

Spanish police are trying to determine whether bones found in garbage bags in the gym of a martial-arts instructor belong to multiple crime victims.

Police in the northern city of Bilbao discovered the bones Monday after they said witnesses saw Juan Carlos Aguilar, 47, drag a

woman inside the gym by the hair. Officers found her inside, brutally beaten.

Forensic testing is under way to determine how many people the bones belonged to and how they died. Searches were also happening at Aguilar's home and in a nearby river.

The woman who was beaten and tied up in the gym was in a coma at a Bilbao hospital Monday.

THE ASSOCIATED PRESS

New Jersey murder

YouTube celebrity pleads not guilty

A Canadian man who gained YouTube fame as Kai the Hatchet-Wielding Hitchhiker pleaded not guilty Monday through a lawyer to a murder charge.

Caleb McGillivray, 24, is accused of killing 73-year-old lawyer Joseph Galfy, whose body was found May 13 in his New Jersey home.

McGillivray became a minor celebrity in February after intervening in an attack on a utility worker in Fresno, Calif., describing on TV how he used a hatchet to fend off the attacker. He also appeared on Jimmy Kimmel Live.

McGillivray was born and raised in Edmonton, his father, Gil McGillivray, from Hawkesbury, Ont., said last month.

THE ASSOCIATED PRESS



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'Dramatic' floods cause deaths across Europe

The city hall of Grimma, Germany, is surrounded by water Monday. At least eight people were reported to have died and nine were missing due to floods in Germany, Austria, Switzerland and the Czech Republic. "The situation is extremely dramatic," Herbert Zillinger, a crisis centre spokesman in Passau, said about the southeast Germany city where water rose to levels not seen in more than five centuries.

JENS WOLF/DPA/THE ASSOCIATED PRESS

Report. Many infant deaths still caused by unsafe sleep conditions

The rate of infant deaths associated with unsafe sleep environments hasn't changed despite increased public awareness of the issue, according to a new report released Monday.

Of the 131 infant deaths studied by Ontario's Office of the Chief Coroner last year, 37 per cent were found in unsafe sleeping environments, according to the annual report of the Paediatric Death Review Committee and Deaths Under Five Committee.

The children died with no findings on autopsy, but were in an unsafe sleep environment, said Dr. Dirk Huyer, the

committees' chairman.

"What we don't know is whether that directly caused the death, or whether it's specifically associated with it," he said. "But we do know ... epidemiologically and through study that children have a greater risk of dying in unsafe sleeping environments."

Infants should sleep on their back in a crib, with nothing else in the crib except for a small blanket, Huyer said.

Given that the rate hasn't changed in recent years, the committees started to refine their approach in these deaths, he said, adding that they've been collecting more

Collecting more data

The additional information collected includes details of how the baby was sleeping and positioned, the temperature of the room and whether the infants were sleeping with a parent or adult, Huyer said. More information is also being collected about the mother's pregnancy and the family's social characteristics.

data to see if there are certain risk factors associated with them. **THE CANADIAN PRESS**

Turban ban. Sikh kids told they can play soccer 'in their backyard'

The Quebec Soccer Federation says if Sikh kids want to play soccer while wearing a turban there's an easy solution: they can play in their own yard.

The federation held a teleconference on Monday to explain its weekend decision to uphold a ban on turbans.

Brigitte Frot, the director general of the provincial association, said the reason to maintain the ban is for player safety.

When asked how many injuries have actually been linked to turbans Frot said there are none.

She was asked what she would tell a five-year-old boy



The Quebec Soccer Federation announced Sunday it has decided to keep a ban against players wearing turbans on the field. The statement noted that girls are now permitted to wear headscarves on the field in Quebec, following a directive from FIFA in 2012. MUHAMMAD AL-KISSWANY/THE CANADIAN PRESS FILE

in a turban who shows up to play soccer with his friends.

"They can play in their backyard, but not with of-

ficial referees, not in the official rules of soccer," Frot replied. "They have no choice."

THE CANADIAN PRESS

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9 year old Michael is battling leukemia - let's help him realize his wish!

Community Invitation

United Way of Halifax Region

87th Annual General Meeting

Wednesday, June 19, 4-6 p.m.

Halifax City Hall, 1841 Argyle Street, Halifax, Nova Scotia

1. In accordance with United Way of Halifax Region's Bylaw #1 Article 4.03(A) which states "The report of the Governance Committee outlining nominations to the board is available at United Way of Halifax Region, 46 Portland Street, 7th Floor, Dartmouth, Nova Scotia, B2Y 1H4;"
2. Additional nominations may be made in writing signed by at least ten (10) Members of the Organization* and shall be received not less than seven (7) days prior to the Annual General Meeting, together with a statement in writing signed by such nominee indicating a willingness to serve as Director if elected (Bylaw #1, Article 5.04-b);
3. No candidates, other than the nominated as set out above, shall be eligible for election at the Annual General Meeting. Employees of United Way of Halifax Region and of funded agencies are not eligible to sit on the Board of Directors, (Bylaw 5.03).

*Members of the Organization are residents within the boundaries of the Halifax Regional Municipality and the Municipality of East Hants who uphold the mission and vision of United Way of Halifax Region.



Catherine J. Woodman, President and CEO
United Way of Halifax Region



Glazed and confused

Is it a dessert? Is it a brunch food? Is it really such a good idea? Dunkin' Donuts is adding this doughnut breakfast sandwich — that is, fried eggs and bacon between a split glazed doughnut — to its U.S. menu this week. The sandwich clocks in at 360 calories, which is less than the 390-calorie turkey sausage sandwich the chain recently introduced for people looking to eat better.

JAMES SCHERER/DUNKIN' BRANDS INC./THE ASSOCIATED PRESS

London

Judge restricts protests after fur flies at Gaga event

A British judge has limited protests outside London department store Harrods after management complained that Lady Gaga fans were disturbed by anti-fur campaigners during an appearance last October. The judge said protesters caused "nuisance, annoyance and harassment" to people attending an event at which the singer appeared.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
97.30¢
(+0.85¢)



TSX
12,609.80 (-40.62)



OIL
\$93.45 US (+\$1.48)



GOLD
\$1,411.90 US (+\$18.90)

Natural gas: \$3.99 US (+1¢)
Dow Jones: 15,254.03 (+138.46)

CRTC cracks 3-year cell contracts

Wireless code. Telecom regulator's new national standards let customers cancel agreements after 2 years without penalties

Cellphone customers will be able to walk away from their contracts after two years without any early-cancellation penalties under a set of new rules

unveiled Monday by the CRTC.

But the Canadian Radio-television and Telecommunications Commission didn't go as far as an outright ban on the controversial three-year contracts that are so widely hated by many Canadians.

Instead, customers will only have to pay the remaining value of the device subsidy if they opt out of their contracts after two years. That means if a customer bought a \$600 phone for \$99

on a three-year plan, they only have to pay the remaining balance on the device itself to get out of the contract early.

"We didn't focus on the length of the contract, we focused on the economic relation," CRTC chairman Jean-Pierre Blais said in an interview.

"So, in effect, it's equivalent to those asking for a ban of a three-year contract without us actually banning three-year contracts, because what we're

saying is the contract's amortization period can only be for a maximum period of 24 months."

The code, which all service providers in Canada will have to abide by, will apply to new wireless contracts beginning Dec. 2. As part of the code, the CRTC is also capping extra data charges at \$50 per month and international data roaming charges at \$100 per month.

THE CANADIAN PRESS

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PUTTING THE 'PRO' IN PROM

It's prom season.

I haven't set foot in a high school in almost a decade and yet I can't help but notice the increasing buzz of excitement in the air as teenagers across the country anticipate their iconic end-of-year dance.

Prom is an important rite of passage for young adults and a climactic moment in everybody's high school career — at least according to every single teen movie ever made.

When it comes to coming-of-age stories, corsages tend to get much more screen time than diplomas.

For high school seniors, prom night is essentially a smaller, less expensive version of a wedding reception.

There's the big dress, the cheesy DJ, the posed photos and the overwhelming expectations that are bound to leave you disappointed. These semi-formals have become so much like weddings that it's not even enough to just go to prom any-



SHE SAYS

Jessica Napier

metronews.ca

more. You have to be "promposed" to.

While it might have been good enough in the past to simply corner your crush by their locker after class and ask them to the dance, today's teens are planning elaborate romantic gestures in order to secure a date to prom.

A quick YouTube search shows about 150,000 videos claiming to be the "Greatest Promposal EVER."

From subtle messages scrawled on coffee cups to over-the-top flash mobs set to Justin Bieber's greatest hits, adolescent boys and girls are pulling out all the stops to pop the question to their would-be prom date. Stunts might range from obnoxiously outrageous to sweetly sentimental but they do have one thing in common — every moment is documented thoroughly on social media.

This is the Tumblr generation after all; did it even really happen if no one was there to Instagram it?

Of course, it's only worth the effort and embarrassment if you're guaranteed to get the yes, which is why most promposals are between high school sweethearts who are coupled up already.

With teenagers' penchant for drama and insatiable appetite for attention, it's hardly surprising that a simple question has evolved into its own engagement-like ritual. But isn't it all maybe a bit too much?

The pressure to find a prom date is bad enough; these new expectations involving intensely passionate (and public) campaigns are an additional level of stress that senior students don't really need — especially around exam time.

Personally, I'm thankful that none of these shenanigans existed in my high school days.

I'm sure I would have spent weeks scrolling through #PROMPOSAL content alone in my bedroom and feeling disappointed that no one wanted to fill the school cafeteria with helium balloons for me.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Nice to moss, er, I mean, meet you



PABLO BLAZQUEZ DOMINGUEZ/GETTY IMAGES

Spanish man has found the ground

They look like do-it-yourself Halloween costumes but these moss-made outfits are in fact a part of a Spanish tradition dating back to the 12th century. The Procession of the Hombres de Musgo in

the town of Bejar originates from a time when Christians reconquered the town from Muslim guards by camouflaging themselves in moss.

Legend has it that a group of Christian men used moss, which grows in abundance there thanks to the region's

moist climate, as material for outfits to frighten Muslim guards.

At night, the moss-covered men slipped through the town gates and startled the guards, who thought the men were monsters. Fearing for their lives, the Muslim rulers fled the town forever. **METRO**

More spores

20 kg

20 kilograms is how much a moss costume weighs. However, rain would make this moisture-absorbing garment considerably heavier. Only six local townspeople are called upon every year to be one of the Moss Men.

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

Vine users meet VineTune: Where Crowdsourcing meets Auto-Tune meets Twitter meets Vine meets a new way to procrastinate. If creating and sharing your six-second videos with your Vine pals isn't enough, you can now up your digital cred by having your gif-like videos be a part of indie bands' music videos.

Each month, the folks at VineTune (designers from London, U.K.'s Beattie McGuinness Bungay ad agency) chose a relatively unknown song and create a music video using Vine vids.

As the song plays and the lyrics scroll across the top of the screen, the six-

second videos with the same hashtag play. Sounds confusing? See for yourself (and add your own) at vinetune.com.

Don't have Vine yet? Google Play released it this week, while 13 million iPhone users having been Vine-ing for the past five months.



Twitter

@hserapsayv: No tweets of Harper interest me (yawn) .. The minister of Canada should tweet on national issues not partisan issues

@metropicks asked: @pnharper was criticized for tweeting a partisan pitch asking followers to sign up for the Conservative party's newsletters. What do you want him to tweet about?

@FrenchmanCanada: He should #LT an episode of his favorite show. I'd love for it to be Duck Dynasty or The Bachelorette.

@J8780: What Nigel Wright told him as to why he felt he needed to write Mike Duffy a \$90,000 cheque.

@KRam41: re Harper tweets: It's a fine line I guess.. He tweets abt animals & gets flack, tweets abt party and same result.

@MikeGormanHFX: What sort of masonry cement does he use for his hair?

that said is Harper really working for Canada or just the conservatives am his own agenda?

@SELLiott : I'd like @pnharper to tweet about parenting while being PM. Show us he's human.

@awanderingsky: The #pmo should handle the meaningless info tweets. @pnharper is missing out by not directly engaging the people.

@LondonComp: Let him tweet whatever he wants, if you don't like it don't follow him. All the other politicians tweet about their party.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

Finding the meaning of life on death row

The Killing. Peter Sarsgaard's role as a sinister inmate who killed his wife has him thinking about the morality and ethics of the death penalty

MATTHEW PRIGGE
Metro World News in New York

The third season of AMC's crime procedural *The Killing*, which premiered Sunday, has a new storyline and some new cast members. Among the neophytes is Peter Sarsgaard, a talented actor who's been among the best things in *Boys Don't Cry*, *Garden State*, *Shattered Glass* and *An Education*. In his first season-long television stint — which he was still shooting when we talked — Sarsgaard plays Ray Seward, a sinister death row inmate who killed his wife.

What are the challenges of playing a death row inmate?

So much of my story takes place in the same spot. In a lot of movies, there's the car chase, the scene at breakfast, the sex scene. This is about always going to the same cell. You have to find ways of doing a different dance on the same dance floor.

Were those challenges what drew you to *The Killing*?

Those, and also because



Peter Sarsgaard has a handful of great films under his belt and now he's trying his hand at TV. HANDOUT

the issues interested me. I'm very much against the death penalty. It's very easy to do a piece about someone who's been railroaded by the system who's innocent. If you don't believe in the death penalty, you have to take an extreme circumstance — someone who's indefensible — to see

if it still applies. Otherwise, the death penalty applies in some cases.

What made you want to work on TV?

Just this show. I always really liked this show. I thought this material was better than some of the film stuff I was being offered. It seemed

there was more of a role there.

There's much less of a fear these days for serious actors to do TV.

So many of my favourite actors are on television. So, if you want to act with them you have to be on television.

DVD reviews



A Good Day to Die Hard

Director: John Moore

Stars: Bruce Willis, Jai Courtney

The *Die Hard* series sells the lone wolf concept — Willis vs. global terrorists — yet deep down, it's really about family reunification. Good thing, too, because the violence gets old fast. The thump-thump-thump of the heart may be hard to discern behind the rat-tat-tat of machine gun fire, but the love has always been there. *Die Hards* 1-3 sought to return cowboy cop John McClane (Bruce Willis) to the shaky embrace of his wife (Bonnie Bedelia); the fourth film, *Live Free or Die Hard*, had McClane rescuing his adult daughter (Mary Elizabeth Winstead). Now comes chapter five, *A Good Day to Die Hard*. It moves the divorced and retired McClane to Moscow while reuniting him with his son Jack (Jai Courtney of TV's *Spartacus: Blood and Sand*). Willis and Courtney make a strong match, believable both as fractious family members and also as sarcastic adversaries forced by circumstances to work together. The family that yippee-ki-yays together, stays together.

PETER HOWELL

2 SCENE

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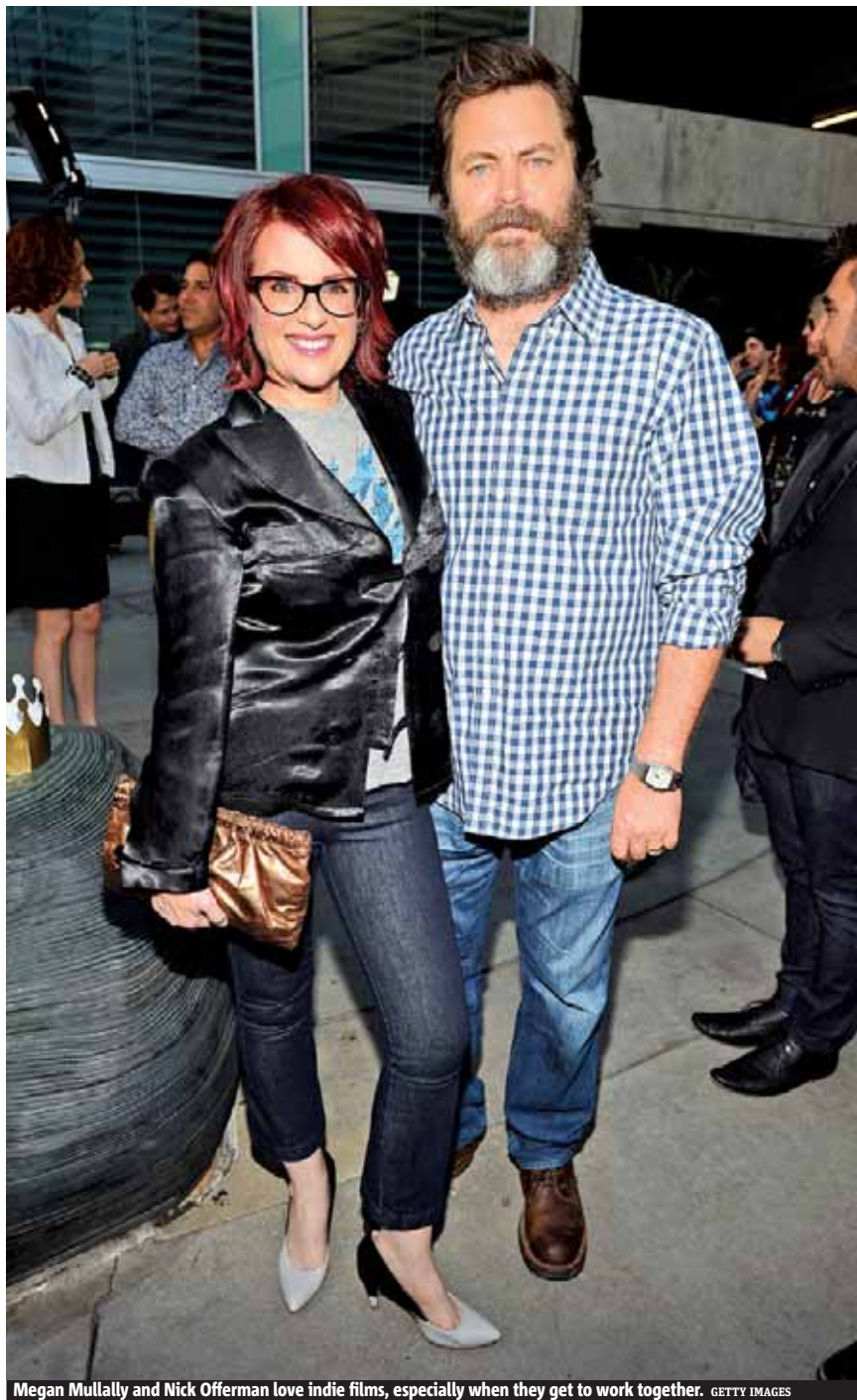
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Megan Mullally and Nick Offerman love indie films, especially when they get to work together. GETTY IMAGES

They're one very funny duo

Perfect package.

Megan Mullally and Nick Offerman love working together — it means less time apart

MATTHEW PRIGGE

Metro World News in New York

The dominant power couple in the world shifts at the whim of a fickle populace. Right now, for some, the greatest — or just most wonderful — duo is Nick Offerman and Megan Mullally. Married since 2003, the two have seen a shift in their careers: Once Mullally was the one with the hit show (*Will and Grace*). Now it's him, as burly libertarian carnivore Ron Swanson on *Parks and Recreation* — although Mullally has guest appearances as his ex-wife, Tammy. In fact, they tend to work together on the same projects; that way, they don't have to spend any time apart. In *The Kings of Summer*, Offerman plays the widowed father of a teenager who runs away from home to live in the woods with his bros. Mullally plays the mother of one of his friends, which affords them only a few scenes together.

You've both been doing a lot of smaller films, often together. What's the appeal of these projects?

Mullally: I think we both

love doing indie movies. It's kind of the equivalent of the 99-seat play. You have the feeling that you have more creative leeway and you can make it be the way you want it to be. When everyone is on a level playing field and nobody is getting paid, I think everyone pitches in equally and has the same kind of desire to create something good.

Offerman: We choose material, first and foremost, based on scripts that we think are very good. Scripts that don't go through the corporate regime are going to end up better because they'll retain somebody with a beautiful artistic vision and/or a great sense of humour. That will come through in an independent script much more so than a studio project. Those can't help but be homogenized by the standards and practices, the Coca-Cola people.

How did you get involved in *Kings of Summer*?

Offerman: They were looking for sort of a gruff guy who could also tell a joke and Russell Crowe wasn't available. Chris Col-

Offerman on Kings

The going technique is to go with a really great script and get a really great cast. You have to shoot your scenes as written because you need all the story points. Chris Colletta's script was wonderful and there was no need to embellish it. You happen to have some of the greatest improvisers in the nation of America. You take the script and shoot the scenes and then you say "Let's f— around," and you end up with a handful of gold nuggets that you'd be crazy not to use.

letta's script was poignant, beautiful and heartfelt, but also had a terrific sense of humour. It often happens with Megan and I: One of us gets a job on something and the producers will say, "Can we get your spouse interested in this?" If one of us loves the script, the other is happy to jump on board, too. It also affords us the opportunity instead of spending two weeks apart while out in Cleveland, we're there together and having fun working on it together. There are a lot of perks to it.

Quality over quantity

"We choose material, first and foremost, based on scripts that we think are very good."

Nick Offerman



So how about this weather?

We asked our Metropolitan Panel what they share the most in spring time.*

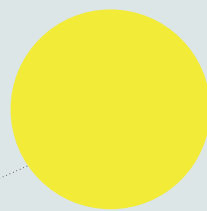
16%
THEIR
UMBRELLA



17%
THEIR PERENNIALS



57%
COMMENTS
ABOUT SPRING



Share your opinion. Join our Metropolitan Panel at www.metropolitan.ca

*Selections were not exclusive of each other and included other activities.



Lunch meeting...on the patio!

We asked our Metropolitan Panel what spring activity they most looked forward to.*

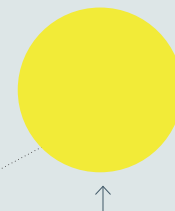
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Will Arnett ALL PHOTOS GETTY IMAGES

Will to live, happily: Arnett pumping some iron post-divorce

Arrested Development star Will Arnett found a very healthy and productive way to deal with his split from ex-wife Amy Poehler: hitting the gym. "If going to the gym obsessively for eight, nine months was my way of dealing, then let that be my worst problem," Arnett tells Details magazine. "Life is challenging, and I'd say that there's no guidebook — but there's about a million

guidebooks out there. All people have been doing since the dawn of time is trying to figure out how to live this life and be happy. I'm no different." As looking for romance post-divorce, Arnett says he's not quite ready. "I'm not officially dating," he says. "I don't know what you do. Do you put out an announcement in the trades? 'I'm dating!' It all seems very scary to me, to be honest."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Jesse James' teen daughter heads to rehab



THE WORD
Dorothy Robinson
scene@metronews.ca

Jesse James' daughter, Chandler James, 18, checked into rehab in April to battle her addiction to crystal meth, RadarOnline.com revealed yesterday. The site published troubling photos and video of Chandler, 18, inhaling crystal meth off of aluminum foil.

"It is an open secret here in Austin that Chandler and her friends party hard and get wired," said the "friend" who sold the video to Radar.



"It was getting pretty out of hand. If she didn't get help, who knows what could have happened." Chandler also apparently has a problem with "huffing."

James confirmed the news to Radar: "My daughter spent the month of April in a treatment facility getting help for addiction." James told RadarOnline.com, via email.

"She is out now and in recovery, actively participating in a 12-step AA (Alcoholics Anonymous) program."

Hard to counsel a family without the folks

Lindsay Lohan was hoping to get some family counselling in while under treatment at the Betty Ford Center, but it looks like that plan is off since neither her mother, Dina, or her father, Michael, could make it to the planned session over the weekend, according to Radar Online. "I didn't want a confrontation with Dina while Lindsay is in rehab," Michael tells the site. "I've decided to go home and see my baby." Lindsay, meanwhile, is not



Lindsay Lohan

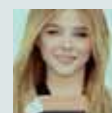
taking too well to her time at Betty Ford, even with one of her three months of treatment under her belt. "She hates being at Betty Ford," a source says.

Twitter



@mindykaling

The Tesla is cool but I've always thought of it as kinda for dudes and also I can't afford it. I love the maybach but I need an entourage.



@ChloeGMoretz

Waking up before dawn, oh summer sunlight, it's light till 11 then light at 4



@JuddApatow

People think it is wrong to make goofy tweets when there is something awful in the news. There is always something awful in the news.

Pepper Domestic Short Hair

Originally found stray, we don't know Pepper's history. At six years old, she is outgoing, friendly and loves being the centre of attention immediately greeting visitors with an inviting 'meow' hello. She's a smart, inquisitive girl who loves to be scratched. Playful and lively, Pepper enjoys her toys. While she gets along with her feline roommates, she likes to be the boss and would do well in a home where she is the only feline friend. We hope to shape her future by connecting her with a person or family who will give her the respect, love and kindness that she deserves.



For more information on Pepper and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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Rules for a summer-flat stomach

Don't be the party pooper that refuses to take their top off all summer. Experts tell us how to get a flat stomach and fast

ROMINA MCGUINNESS
life@metronews.ca



Don't sip your cocktail using a straw

Bet that poolside cocktail was really refreshing and delicious. And that long straw meant you didn't even have to lift your head from the sun lounge in order to take a sip. "Big mistake!" says gastroenterologist Dr. Roshini Raj. "Drinking out of a straw causes you to swallow more air, which can lead to gas and bloating."

De-clog your digestive track

Eating too many nuts and bananas can cause constipation, says Raj. "Nuts are good for you in many ways (they're a rich source of plant protein and omega-3 fatty acids) but the gelatinous form that they take when digested means they tend to stick together and get stuck ... Bananas, especially when unripe, are full of starch, which has been shown to slow down digestion. If you suffer from constipation, stick to eating one a week," she adds.



Work your deep abdominals

"Do 30 minutes worth of cardio exercises, five days a week. This can be anything from jogging and spinning, to treadmill exercises," recommends Michele Olson, exercise physiologist at Auburn University in Montgomery. "You also want to be doing push-ups and planks because your abs fire strongly during these moves in order to stabilize your back. Do two reps of 10 push-ups followed by 10 side planks to each side."

Stay away foods that cause flatulence

Some foods produce more gas than others, making you feel full and bloated.

"Complex carbohydrates, found in some vegetables, including broccoli and cauliflower can cause gas. These foods contain sugars that are passed undigested into the colon where they are broken down by bacteria producing gas as a by-product. ... And if you're in the habit of stirring some Sweet'N Low into your morning coffee, beware. Artificial sweeteners can cause gas to get trapped in your belly," Michele Olson, exercise physiologist at Auburn University in Montgomery, said.

Never, ever skip meals

If you think that skipping meals, taking laxatives or stopping eating altogether is going to do the trick, then think again.

"All this will do is cause you to lose water and electrolytes, leading to dehydration. This then prompts your body to retain water, meaning you'll just pack back on whatever water weight you lost," says Raj.



3 TIPS

The flat belly workout

Single Leg Glute Bridge

Lie on your back with your knees bent. Raise your hips and hold that position as you raise and lower your leg while keeping your hips up and level. Do 12 reps then switch legs.



Valslide Upside Down Snow Angel

Place a Valslide (an exercise tool that makes lower body exercises smoother) under each foot and come down into a plank position, with your forearms on the floor. Start with your feet together, then slide your legs open (out) without letting your hips drop. Slide your legs back together to complete one rep. Do 15.



Valslide 1 Arm Slide

Place a Valslide under each hand and get into a push up position. Slowly slide one hand out in front of you, and then bring it back. Then slide your other hand in front of you, and then back. Do 12 on each arm.



Valslide Sliding Crunch

Lie on your back, knees bent with feet in the air and a Valslide under each hand. Slide your hands away, curling your body towards your legs while keeping your arms straight, and your chin tucked in. Do 20.



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Best Health

New hope for MS patients



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

There's good news about Multiple Sclerosis in the current issue of Best Health. A drug that was previously used to treat a type of leukemia has been found to benefit patients with early MS — both those who have not yet been treated for MS and those who did not respond to the first drug they were prescribed.

According to the results of two phase III clinical trials published in the journal *The Lancet*, the drug, called Alemtuzumab, reduces the number of relapses experienced by MS patients when compared to a drug commonly used to treat MS called interferon beta-1a (Rebif).

In one two-year study, 65 per cent of patients on Alemtuzumab remained relapse-free, compared to



A new drug is showing promise for MS patients. ISTOCK PHOTOS

47 per cent of patients on interferon beta-1a.

However, adverse events were higher in the Alemtuzumab group.

It's not yet known when, or if, the drug may become available for Canadians, but the MS Society of Canada is monitoring activities related to Alemtuzumab and will provide updates on its website (mssociety.ca).

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Michael Douglas draws attention to HPV risks

Health. The actor said that HPV, transmitted via cunnilingus, could cause throat cancer, which he was diagnosed with in 2010

ROMINA MCGUINNESS
Metro World News

Metro spoke to Dr. Julie Sharp, senior science communications manager at Cancer Research UK, about the link between oral sex and cancer.

What exactly is HPV?

"It's a virus that's normally transferred through actual physical contact (skin-to-skin or sex). Although it is, in most cases symptomless, it can cause things such as genital warts. HPV is very common. Eight out of 10 people will be



In an interview with the Guardian newspaper, Michael Douglas said that oral sex can cause throat cancer. GETTY IMAGES

infected with it at some point in their life even though in most cases, they won't know anything about it."

How can HPV cause cancer?

"There are hundreds of different types of HPV and around a dozen of them can increase the risk of cancer. They're more associated with cervical and genital cancer but can be linked to certain types of mouth and throat cancer, through things such as oral sex. HPV infections most commonly occur to the fingers, hands, mouth and genitals and can cause DNA damage in the cells. If it's going to cause cancer it can be that you are exposed to a high risk form of HPV just once, but obviously, the more sexual partners you have, the more you're exposed to different types of HPV, increasing your risk of contracting one of the forms linked to cancer."

Michael Douglas has been married to actress Catherine Zeta Jones for 12 years. Is it possible that he caught the

HPV before their relationship began — some 15 to 20 years ago?

"Yes. And that's why these cancers are often diagnosed in older people, who might not even have been sexually active recently. So yes, it might have been a previous infection. Cancer doesn't just develop overnight. You might have had an infection that led to a cell change and then over the years, those changes turned into cancer."

Would Catherine Zeta Jones have been at risk of getting the HPV from her husband?

"I assume she would have been exposed to the virus at some point. It would depend on when he had it. The infection might have passed on by the time they got together, but the damage would have been done in terms of the cancer risk."

Douglas also claims that although cunnilingus was the reason he got cancer in the first place, it's one of the best cures. Is this true?

Reducing risk

So should people stop having oral sex if they want to reduce their risk of getting cancer?

- Quote.** "With oral cancer, the main risk factors are still alcohol and smoking. There are hundreds of different HPV infections and only occasionally will someone be exposed to one that's going to increase their risk of cancer. These cancers are very treatable and anything in the mouth and the throat, it's easier to spot the symptoms. The main thing is for people to be aware and to get checked out if they've got things like ulcers, sores or white patches that don't go away, difficulty with speech or swallowing and any kind of discomfort. Even dentists are trained to look for any unusual patches in the mouth."

"I don't know what he's alluding to there. That doesn't have any basis in science or research. I'm also not sure how he's so certain that his cancer is linked to HPV. You can test for HPV, but I don't know if you can see if someone had an infection in the past. It's more likely that it was a combination of things. More than three quarters of oral cancers in men and more than half in women are caused by smoking. Alcohol also plays a big part. So they're all risk factors."

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Anti-cancer turmeric trumps bread crumbs in pan-fried fish

This recipe replaces traditional bread crumbs with turmeric as a coating for pan-fried fish.

1. Beat egg in a shallow bowl with 1 tbsp of water.
2. Mix turmeric, whole-wheat flour, sea salt and white pepper in a separate bowl.
3. Dredge fish in egg and then set into turmeric-flour mixture, turning to coat.
4. Warm a large skillet over

Ingredients

- 1 egg
- 1 tbsp water
- 2 tbsp turmeric (or curry powder)
- 2 tbsp whole-wheat flour
- 1/4 tsp sea salt
- 1/4 tsp white pepper
- 1 lb catfish fillets
- 1 tbsp butter
- 1 tbsp grapeseed oil



This recipe serves four. SUBMITTED

medium-high heat and add butter and oil. Quickly add the coated fish.

5. Cook for 2-3 minutes and turn once to cook through for 2-3 more minutes.

6. Set fish onto paper towel to absorb any excess fat. **THERESA ALBERT/MYFRIENDINFOOD.COM**

Health Solutions

Not a spice to sneeze at



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

It isn't a new spice by any means, but it could help you prevent cancer.

Turmeric is one of the most widely studied foods for its potential anti-cancer properties.

It has been shown to be anti-inflammatory and cell protective for all kinds of cancers from bowel to prostate.

It is a root that is dried and ground into a powder, which creates that yellow colour in curries.

Ways to work it in:

- Buy it in Asian or Indian markets

whole and grate it yourself for a fresher, more potent punch.

- Sprinkle some pure turmeric on a kitchen cut to stop the bleeding in its tracks.

- Add it to any tomato-based sauce, you won't taste or see it but it will boost the potency.

- Add to spice cakes or cookies.

- Stir into dips.

- Consume curries more often.

- Mix with water and use as a scrub on sensitive skin.

- Take as a supplement.



THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Lunch. Baby Kale and Steak with Apricot Dressing



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Baby kale is the new green on the block. I prefer these small leaves because they are tender and sweeter than the large fi-

brous leaves, which have to be massaged when eaten raw. Substitute steak for grilled chicken, shrimp or tofu.

1. Place kale, onions, cranberries and almonds on platter.

2. Mix dressing ingredients together and pour over top.

Ingredients

- 8 cups baby kale leaves
- 1 cup sliced red onion
- 1/2 cup dried cranberries
- 1/2 cup sliced and toasted almonds
- 8 oz grilled top sirloin steak

Dressing

- 2 tbsp olive oil
- 2 1/2 tbsp apricot jam
- 1 tbsp apple cider vinegar
- 1 tbsp lemon juice
- Pinch of salt and pepper



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Are you getting good investment advice?



YOUR MONEY
Alison Griffiths
money@metronews.ca

I'm mad as hell and ready to kick someone. Actually, I am ready to kick the advisor of a reader named Martin.

Martin is 59, on a fixed income and has little knowledge about investments. Nonetheless, he ended up with a \$150,000 investment loan, which the advisor then used to purchase seven seg mutual funds from two different insurance companies.

Seg funds are like mutual funds with capital guarantees of anywhere from 60 to 100 per cent, with 75 per cent being fairly standard. You must hold them for 10 long years before the guarantee can be activated.

Bear in mind that the guarantee does not cover any growth in the investments, only the money initially invested.

Interestingly, there's no 10-year period since 1950 when the Canadian markets have been negative. Even after the financial crash of 2008/2009



Borrowing to invest is a risky strategy. ISTOCK IMAGES

stocks righted themselves by early 2013. The worst period for the U.S. market was 2000 to 2010 with a minus 3 per cent return for the Dow Jones.

Specific investments, however, including any given mutual fund, can be a 10-year pooch. But if you are only getting a 75 per cent capital guar-

antee and paying for it through elevated mutual fund fees for 10 years, you have to have one terrible fund plus a bad market in order for the guarantee to be

worthwhile.

Back to Martin. Not including borrowing costs, his funds are worth \$17,000 less than he paid for them in 2002. Not

only that but he has considerable duplication in his holdings with two each of balanced, Canadian and global equity funds.

This advisor also persuaded Martin to buy shares of Research in Motion. He's actually made a few dollars here but this was a pure gamble. Borrowing to invest is a risky strategy even if the investments are sound. Buying a single, volatile stock such as RIM is also hugely risky.

Martin's best course of action is to make a complaint to the firm first. His Know Your Client form should indicate level of knowledge and risk tolerance. I'm betting he indicated both were low. Two other complaint venues are the Investment Industry Regulatory Organization of Canada (IIROC) and the office of the Banking and Investment Ombudsman.

Martin's portfolio does not match his situation or temperament and I am hoping he gets some compensation for this terrible advice.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Sopranos actor Steve Schirripa penned Big Daddy Rules, cover right. GETTY PHOTO

Tough-guy actor on his tough-love parenting book

Q&A. Sopranos regular Steve Schirripa talks being a strict, loving, daddy, but one who's wary of his 'cunning' teenage daughters

ALEXANDRA CAVALLIO
Metro World News in New York City

On *The Sopranos*, Steve Schirripa played a hotheaded, loud-mouthed guy. As a father, he's pretty much that same guy. He wrote *Big Daddy Rules* as a love letter to his two daughters.

"I guess I don't always tell them how I feel," he says. "I yell a lot. I'm pretty strict, and also I've got a lot of opinions, and I wanted to put them all together in a book."

What are the rules?

The first rule is, I make the

rules. I'm your father, not your friend. But I'm the best friend you're ever going to have because nobody is going to care about you the way I care about you. The four greatest words in the world are "because I said so." That's why you can't go to the party where they're serving beer. Parents don't want to tell their kids "no" anymore.

What's the hardest part about raising girls?

A boy, you give them a ball, you give them a Lego, they're fascinated. Girls are smart, they're cunning, they're calculating. They bat their eyelashes, they manipulate you.

Did you care whether you had a boy or a girl?

It didn't matter to me, as long as they were healthy. It was scary though, when my wife got pregnant. I was not prepared. I was a guy that went out a lot. I

worked nights; I was living in Las Vegas. I thought my world would come to a stop.

What's an uncomfortable situation, as a dad?

My daughter dated a boy when she was 16, and I think I made a mistake there. I don't think she was emotionally ready. I was reluctant. I would not make that mistake again.

Do you really think you could have stopped her?

I hear what you're saying. I can't control everything they do, and I don't try to, but I want to be present whether I'm there or not. I want them to think, "What would my dad think about this decision I'm about to make?"

Were you strict with letting them watch TV?

I am still! I hate that reality crap. I saw them one day watching *The Jersey Shore*



and I said I never want to see that again, ever. It's complete garbage. You think this is for real?

What's your best advice for a new dad?

I think the best thing is to be present. Get in there; get your hands dirty. Be involved. You know, in every movie, every TV show, the dad's an idiot. Don't be an idiot. Take charge, change a diaper, help.

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Tough decisions ahead for Mooseheads GM

QMJHL. Overage rule means at least one cog of this year's dominant team must go



ANDREW RANKIN

andrew.rankin@metronews.ca

Who will stay and who will go?

By Friday's QMJHL trade deadline, Cam Russell will have to drop at least one of the key players on last season's Halifax Mooseheads championship team.

As per league rules, the Mooseheads general manager is allowed just three overagers, aged 20 years old, on the team's final roster.

That means Russell will be looking at four core players on last season's lineup: forwards Brent Andrews and Darcy Ashley, defenceman and co-captain Trey Lewis along with fellow defenceman Brendan Duke.

"We've got a lot of names we're throwing around right now," said Russell. "We have some tough decisions to make.

The 19-year-olds that are turning 20 are all quality and character players who played a big role on our hockey team, so it's the first time in a long time that we've had a real tough decision to make in this respect."

Andrews, a 2011 Nashville Predators draft pick, has gone unsigned by the NHL club, which means he will now re-enter the NHL draft or possibly sign with another team as a free agent.

The Herd has already found a home for another overager in Matthew Boudreau, who was shipped to the Shawinigan Cataractes for a first-round pick in the CHL import draft.

That leaves forward Dominic Beauchemin, who will likely be moved, given he saw limited ice time through the Herd's playoff and Memorial Cup run.

Mooseheads sniper and Detroit Red Wings prospect Martin Frk is not expected to return to the Mooseheads and will likely turn pro, and Mooseheads backup goalie Chris Clarke will suit up for the Queen's Gaels next season.

Compensation pick

Herd end hunt for Eichel

The Halifax Mooseheads' quest for Jack Eichel officially ended on Monday.

The 16-year-old American forward who was the Herd's 15th overall pick in last year's QMJHL Entry Draft decided against joining the team for good after the Mooseheads spent the past year trying to lure the young talent to Halifax.

"Toward the end of the season, at that point we knew we were better off taking the pick and parting ways," said Mooseheads general manager Cam Russell.

"He never guaranteed that he was coming here and there is zero hard feelings. It's a personal choice."

The Mooseheads now receive a second-round pick (34th overall) as compensation.

Eichel is now eligible for Saturday's QMJHL Entry Draft but is expected to opt for the NCAA. **METRO**



Brent Andrews will be likely one of four returning overagers who the Mooseheads will have to choose among for their upcoming roster. **JEFF HARPER/METRO**

NHL playoffs. Marchand sparks Bruins offence in rout of Penguins

Boston strong indeed.

Brad Marchand scored twice during a four-goal first period and the Boston Bruins routed the Pittsburgh Penguins 6-1 in Game 2 of the Eastern Conference final on Monday night.

David Krejci, Nathan Horton, Patrice Bergeron and Johnny Boychuk also scored



Brad Marchand
GETTY IMAGES FILE

for Boston, which hardly broke a sweat while going up 2-0 in the best-of-seven series. Tuukka Rask kept Sidney Crosby and the rest of the NHL's top offence in

check once again, stopping 26 shots.

Game 3 is Wednesday night in Boston.

Brandon Sutter netted Pittsburgh's lone goal. Tomas Vokoun gave up three first-period goals on 12 shots before being replaced by Marc Andre Fleury.

THE ASSOCIATED PRESS

NHL

Rick Bowness heading south for job with Lightning

Grand Lake's Rick Bowness didn't stay unemployed for very long.

The former associate coach with the Vancouver Canucks was hired on Monday by Tampa Bay to take on the same role with the Lightning.

"With 24 years of NHL coaching experience as both a head coach and an assistant, we are confident Rick will be a valuable addition," Lightning vice president and general manager Steve Yzerman said in a statement.

Bowness had spent seven seasons in Vancouver before he was go last month along with Canucks head coach Alain Vigneault by Canucks GM Mike Gillis.

PHILIP CROUCHER/METRO

Horoscopes

Aries

March 21 - April 20

Your head will rule your heart today, but in a good way. Facts and figures are of the utmost importance, so make sure you know what's going on and what it might mean to your long-term plans.

Taurus

April 21 - May 21

There are times when it all seems to come together and this is one of them. Today's Mercury-Saturn link will clarify what before may have seemed confusing.

Gemini

May 22 - June 21

This is potentially one of the best times of the year for you and the closer you get to Saturday's new moon, the more you will follow your instincts and the happier you will be. Have fun.

Cancer

June 22 - July 23

Something you visualize today can be more than just an idle daydream. It could turn out to be enjoyable and lucrative if you're motivated to make it happen. Get up and get to it.

Leo

July 24 - Aug. 23

You may not want to seem mean, but if you give loved ones everything they ask for today, you may have nothing left for yourself. And if you're not happy, how can those around you be happy?

Virgo

Aug. 24 - Sept. 23

Go out of your way to be nice to people today, even though they may not always be nice to you. Someone in a position of power will be impressed by your ability to get along.

Libra

Sept. 24 - Oct. 23

Something you see or hear over the next few days will open your mind to the fact that the world is a bigger and more interesting place than you thought. Now all you need are some bigger goals.

Scorpio

Oct. 24 - Nov. 22

You may be a no-nonsense Scorpio but there is a kinder side to your nature that only those who know you well get to see. Try letting a few more people in on the secret today.

Sagittarius

Nov. 23 - Dec. 21

You may think you can do it alone but life will be so much easier if you have others by your side. What you most need today is someone with the patience to handle negotiations and read the small print.

Capricorn

Dec. 22 - Jan. 20

Do what you think is right, even if everyone around you seems to think it is wrong. If you follow your conscience today, it's unlikely you will stray far from the righteous path.

Aquarius

Jan. 21 - Feb. 19

Over the next few days, the right thing will happen at just the right time and those fears that have been invading your thoughts will just fade away. The upcoming new moon will give you confidence a boost.

Pisces

Feb. 20 - March 20

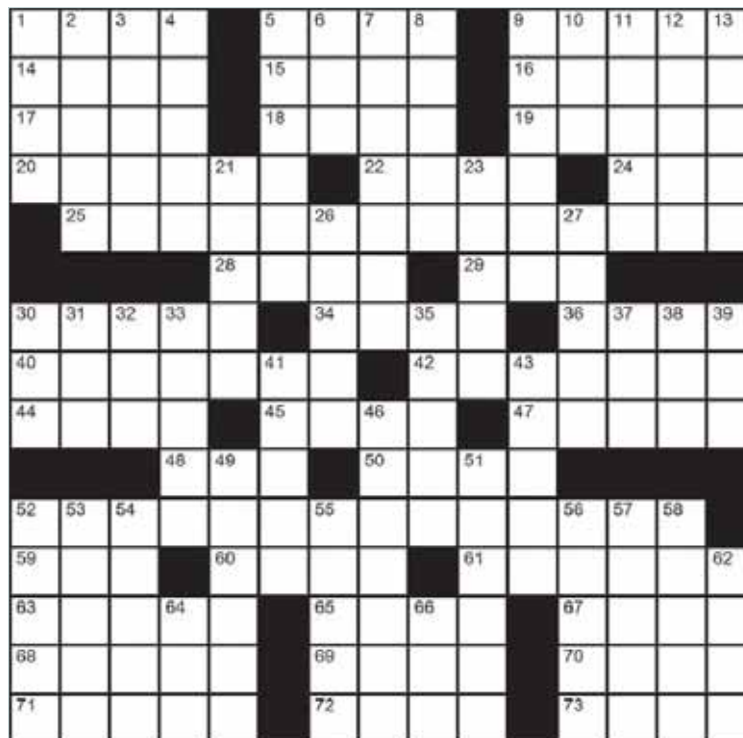
You don't have to give away all your worldly goods but you do have to do something to help people who are suffering in some way. Involve yourself in a bigger cause.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Bird for Hans Christian Andersen
5. Univ. teacher
9. Radiohead hit
14. Robin Cook's thrilling book
15. Since, to Robert Burns
16. TV feed's sound
17. In the crowd
18. Himalayas hairy humanoid
19. "Love, ___ O'er Me" by The Who
20. Early-'90s Canadian comedy series, "___ Mansion"
22. Like fine wine
24. Definite article
25. Aurora Borealis: 2 wds.
28. Arias, e.g.
29. Muck
30. Severus ___ (Character in 'Harry Potter' books)
34. Smidgen
36. Borscht ingredient
40. Keep ___ of the latest news
42. Set up
44. Gestures of affection for dogs
45. Bird beaks
47. Supplement: 2 wds.
48. Universal principle
50. Library verb
52. Gig for David Beckham: 2 wds.
59. For each
60. Manitoba community, ___ Lake



61. Tooth topping
63. Period
65. Seaport of Yemen
67. 6th Greek alphabet letter
68. Maiden name of Dixie Chicks member Emily Robison
69. Mr. Bridges
70. Mr. Stoltz

71. Edible seaweed
72. Biblical grandson
73. Unit of force

Down

1. Rip off
2. Shania Twain album: 'The ___ in Me'
3. ___ acid
4. Rock bottom

5. Hitchcock horror
6. Seedy sandwich selection
7. Toronto's locale
8. Fake
9. Fitness routine component
10. Ms. McClanahan
11. Ms. Wharton of books

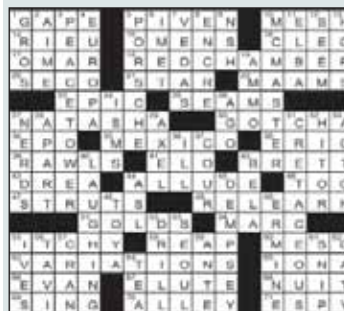
12. "___ Is Enough" (Old TV series)
13. Cornmeal breads
21. Sailor's status: 2 wds.
23. British composer of 'Pomp and Circumstance' marches, Sir Edward ___ (b.1857 - d.1934)

26. Upper crust
27. Spoil, as food: 2 wds.
30. Deplete, as energy
31. NFL, NHL ...and what else?
32. Mr. Linkletter
33. Plague, in Paris
35. Electroshock-er
37. "Howards ___" (1992)
38. Alter ___
39. British band, ___ Years After
41. ___ Owl
43. Inert gas
46. Manitoba city
49. Actress Ms. Dahl
51. Makes right
52. Hiked, as prices
53. Kind of jacket
54. Southern ___, as per accents
55. Related maternally
56. Groggy
57. Manicurist's tool, ___ board
58. Accept, as to a club: 2 wds.
62. Dainty fabric
64. Paris to Nicky, for short
66. Tokyo, formerly

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today 20°/8° Showers 40%

Wednesday 17°/8° Sunny

Your #1 weather forecast now available in HD. Check your local listings for details. The Weather Network HD

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So how about this weather?

We asked our Metropolitan Panel what they share the most in spring time.*

16% THEIR UMBRELLA

17% THEIR PERENNIALS

57% COMMENTS ABOUT SPRING

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*Selections were not exclusive of each other and included other activities.

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THE NEW **2014s** ARE HERE @ **CLEAROUT RATES!**

Forte SX shown^ΔSorento EX shown^ΔRondo EX Luxury shown^Δ

7 PASSENGER
SEATING
AVAILABLE

THE ALL-NEW 2014 FORTE

HWY (M/T): 5.3L/100KM
CITY (M/T): 8.0L/100KM

OWN IT FROM
\$96[≈]
BI-WEEKLY

AT
0%
APR

WITH
\$0
DOWN

STANDARD FEATURES INCLUDE:

15" Steel Wheels • 6 Airbags
Anti-lock Brakes (ABS)
Electronic Stability Control
Steering Wheel Mounted Audio Controls

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA and fees. Offer based on 2014 Forte Sedan LX MT with a purchase price of \$17,559.

THE NEW 2014 SORENTO

7 PASSENGER
SEATING
AVAILABLE

AWD
AVAILABLE
ALL-WHEEL
DRIVE

HWY (A/T): 7.1L/100KM
CITY (A/T): 10.4L/100KM

OWN IT FROM
\$157[≈]
BI-WEEKLY

AT
0%
APR

WITH
\$0
DOWN

STANDARD FEATURES INCLUDE:

6-Speed Automatic Transmission
Heated Front Seats • Keyless Entry
Air Conditioning • Bluetooth[®]
Rear Parking Sonar

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA and fees. Offer based on 2014 Sorento 2.4L LX AT FWD with a purchase price of \$28,539.

THE ALL-NEW 2014 RONDO

HWY (M/T): 6.2L/100KM
CITY (M/T): 9.4L/100KM

OWN IT FROM
\$129[≈]
BI-WEEKLY

AT
0%
APR

WITH
\$0
DOWN

STANDARD FEATURES INCLUDE:

16" Steel Wheels • Air Conditioning
Heated Front Seats • Keyless Entry
Bluetooth[®] • Flex Steering
Steering Wheel Mounted Audio Controls

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. Offer includes delivery, destination, PPSA and fees. Offer based on 2014 Rondo LX MT with a purchase price of \$23,539.



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The Power to Surprise

Offer(s) available on select new 2014 models through participating dealers to qualified customers who take delivery by July 2, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. All offers are subject to change without notice. Vehicles shown may include optional accessories and upgrades available at extra cost. All pricing includes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable) and excludes licensing, registration, insurance, and other taxes. Other lease and financing options also available. ^{**}"Don't Pay For 60 Days" offer is a 60-day payment deferral and applies to purchase financing offers on all 2014 models. No interest will accrue during the first 30 days of the finance contract. After this period interest starts to accrue and the purchaser will repay principal and interest monthly over the term of the contract. See your Kia dealer for full details. Some conditions apply and on approved credit. ^{***}0% purchase financing is available on select new 2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2014 Sorento 2.4L LX AT FWD (SR75BE) with a selling price of \$28,539 financed at 0% APR for 60 months. 130 bi-weekly payments equal \$157 per payment with a down payment/equivalent trade of \$0. ^{****}Bi-weekly finance payment O.A.C. for new 2014 Sorento 2.4L LX AT FWD (SR75BE)/2014 Forte Sedan LX MT (F054TE)/2014 Rondo LX MT (RN55IE) based on a selling price of \$28,539/\$17,559/\$23,539 is \$157/\$96/\$129 with an APR of 0% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$8,154/\$5,017/\$6,725 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. ^{*****}Model shown Manufacturer Suggested Retail Price for 2014 Sorento EX V6 AWD (SR75HE)/2014 Forte SX (F0748E)/2014 Rondo EX Luxury (RN756E) is \$34,195/\$26,195/\$32,195 and includes delivery and destination fees of \$1,665/\$1,485/\$1,665, and A/C charge (\$100, where applicable). Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. ^{*****}Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (A/T)/2014 Forte 1.8L MPI 4-cyl (M/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. ^{*****}The Bluetooth[®] wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.